



# CEC

**COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
OCTOBER 22, 2021**

## **SAFE DRIVING TIPS FOR FALL**

Be Aware of Basic Elements That  
Come With The Fall Season and  
Daylight Savings Time

## **STREAMING AND SMART TVS FREE ONLINE EVENT**

An introduction to  
streaming: what it is, how to  
use it, and the variety of  
content available. You'll also  
learn how to watch live TV  
without cable.

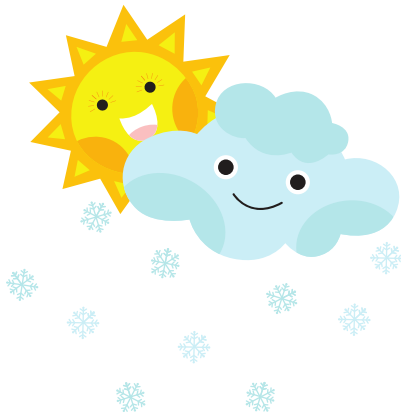
## **RECIPE: PIMENTO CHEESE DIP**

This dip is great for grilled  
cheese sandwiches or as a  
spread for crackers. It's also a  
simple easy go-to for any  
party!

## **WHAT'S HAPPENING?**

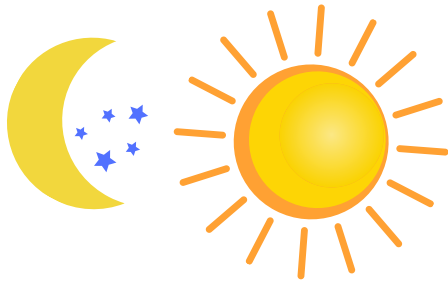
Find out what's happening at  
the CEC. Plus our October  
Meet and Eat Schedule

# TIPS FOR SAFE FALL DRIVING



## **WEATHER**

Sudden changes in temperature, rain, snow and fog all make for hazardous driving. Beaware of the weather.



## **SUNRISE & SUNSET**

Daylight Savings Time means the sun on the morning drive might be right in your eyes. The sun goes down early now, so it gets dark a lot sooner. Don't forget the headlights!



## **CHILDREN AND ANIMALS**

Children are back to school and animals are busy preparing for winter. Look out for them. Slow down, keep and eye out and be nice!



## **LEAVES**

Leaves on the ground can be slippery and dangerous. Careful when driving on leaf-covered roads, whether it is raining or not. Clear leaves off your car before driving, just like snow.

**SENIOR PLANET  
EVENT | FREE**

# **STREAMING AND SMART TVS**



## **Date & Time**

Mon October 25 | 11:15am–12:15pm MDT

## **Location**

Online

## **Description**

Every day, more and more people are “cutting the cord” and canceling their cable subscriptions. Instead, they’re using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will give an introduction to streaming: what it is, how to use it, and the variety of content available. You’ll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798







# PIMENTO CHEESE DIP

## INGREDIENTS

- 2 cups shredded extra-sharp Cheddar cheese
- 8 ounces cream cheese, softened
- ½ cup mayonnaise
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cayenne pepper (Optional)
- ¼ teaspoon onion powder
- 1 jalapeno pepper, seeded and minced (Optional)
- 1 (4 ounce) jar diced pimento, drained
- salt and black pepper to taste

## DIRECTIONS

Place the Cheddar cheese, cream cheese, mayonnaise, garlic powder, cayenne pepper, onion powder, minced jalapeno, and pimento into the large bowl of a mixer. Beat at medium speed, with paddle if possible, until thoroughly combined. Season to taste with salt and black pepper.



# WHAT'S HAPPENING?



## ENGLISH AS A SECOND LANGUAGE CLASS (ESL)

ESL classes are held every Tuesday and Thursday at 8:30am. For more information or to sign up please contact Ms. Van Deraa at 970-630-4091

## MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## MORNING STRETCH

Morning stretch meets every Tuesday at 8:30am.

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.




# MEET AND EAT OCTOBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277

OCTOBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		 <p>Happy Halloween</p>	<p>SCALLOPED POTATOES &amp; HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p>4</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>5</p> <p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ANNA'S DILLY BREAK BANANA SPLIT FRUIT CUP</p> <p>SENIOR MEETING ~ 12:00</p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p>6</p> <p>HAM &amp; BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>7</p> <p>ROAST BEEF MASHED POTATOES w/ GRAVY PEAS &amp; CARROTS OATMEAL ROLLS PEAR ORANGE FRUIT CUP BUTTERSCOTCH BROWIES</p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
<p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>11</p> <p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p>12</p> <p>SWEET &amp; SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p>13</p> <p>BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS</p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p>14</p> <p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS ONION ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
<p>18</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>19</p> <p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p>20</p> <p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>21</p> <p>TUNA PENNE CASSEROLE CABBAGE TOSS BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES GRAPE JUICE</p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
<p>25</p> <p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>26</p> <p>SMOTHERED PORK CHOP OVEN BROWNED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES &amp; BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p>27</p> <p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>28</p> <p>CABBAGE BURGERS BROCCOLI SALAD OREGON BERRY COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>